

# Heart Failure Daily Management \*

## Self-Evaluation Checklist:



### If you experience these:

- Shortness of breath at rest or when lying flat
- Chest pain or chest pressure
- New confusion and / or dizziness
- Sensation of heart racing or beating abnormally



### Do this:



**CALL 911**

You need to be evaluated  
**RIGHT AWAY.**

- Dry, hacking cough
- Worsening shortness of breath with activity
- Increased abdomen / leg / ankle swelling
- Weight gain of 2 pounds overnight or 5 pounds in 5 days
- Noticeable new weakness / loss of energy



**CALL your  
Doctor ASAP**

A change to your medications  
may **PREVENT** a hospital visit.

- No new or worsening shortness of breath
- Physical activity level is normal for you
- No new swelling in abdomen, legs or feet
- No new weight gain
- No chest pain / pressure



**Excellent!**

Continue with:  
daily weight checks, low sodium  
diet & take your meds as directed

## Daily Heart Failure Self-Care Goals:

- Weigh yourself daily. Goal: keep weight stable with no sudden weight gain.
- Follow a Low Salt Diet - No more than 2000mg per day. If you have high blood pressure, limit Salt intake to 1500mg per day.
- Be active but avoid overexertion. Listen to your body!
- Take all medications as directed - *don't miss any doses.*
- Limit fluid intake to 4 - 8 cups (1 - 2 liters) per day, unless directed otherwise by your doctor.
- Use the "Self-Evaluation Checklist" (shown above) every day.
- Get Plenty of rest, and a good night's sleep every night.
- Seek help if you feel something is abnormal or wrong with your body.



Scan this QR Code with your smartphone to access comprehensive Heart Failure management tools, or visit: [HeartFailureResources.com](http://HeartFailureResources.com)



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\* Advice presented in this document is consistent with current American College of Cardiology / American Heart Association / Heart Failure Society of America evidence-based guidelines. If any advice differs from your doctor's recommendations, follow your doctor's advice.